



headspace opens its doors in Mandurah

5 July 2018

Young people and their families living in the Mandurah region are now able to access vital mental health and wellbeing support with headspace Mandurah opening in Dower Street today.

headspace Mandurah provides young people, their families and friends with early intervention mental health, physical health, work and study support, and alcohol and other drug services.

The centre will operate from this location on a temporary basis before relocating to its permanent home within the Peel Health Hub that will see a range of health services housed under one roof. It is due to open towards the end of 2018.

WA Primary Health Alliance late last year awarded a \$1.3 million contract to operate the centre to 360 Health + Community, whose experience includes establishing and running two existing **headspace** centres in Fremantle and Rockingham.

WA Primary Health Alliance CEO Learne Durrington said 360 Health + Community will deliver a great service for this region where youth mental health is such a priority, with more than 25 per cent of the population under 25.

“We know that young people aged 12 to 25 experience the highest rates of mental distress, yet seek help the least of all age groups.¹ That’s why it’s so important for them to have youth friendly mental health services such as **headspace**,” Ms Durrington said.

360 Health + Community CEO Mark Slattery said they were privileged to be able to support the delivery of this service which puts young people front and centre in their own care.

“We’ve been working with our newly recruited **headspace** Mandurah Youth Reference Group to ensure the centre and service are youth friendly and welcoming.

“**headspace** Mandurah will work alongside **headspace** Fremantle and **headspace** Rockingham to ensure all young people across the southern region have access to collaborative youth friendly care, to help prevent young people falling through the gaps,” Mr Slattery said.

headspace CEO Jason Trethowan said **headspace** Mandurah will support and promote the mental health and wellbeing of young people in the region.

“It is testament to the vital work carried out by **headspace** as the National Youth Mental Health Foundation, and the confidence invested in our services, that the community rallied tirelessly for this centre,” Mr Trethowan said.

¹ https://www.mja.com.au/system/files/issues/200_02_030214/ric11235_fm.pdf

“This centre is for young people, and by young people, and we look forward to seeing this grow and develop in the community,” he said.

Young people can be referred by their GP, a mental health professional, or by self-referral.

headspace Mandurah is located at Unit 10, 3 Dower Street. For more information on the services available, email hello@headspaceman.com.au

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About WAPHA: WAPHA oversees the strategic commissioning functions of the Perth North, Perth South and Country WA Primary Health Networks (PHNs). The WA PHNs are three of 31 PHNs established by the Australian Government nationally to increase the efficiency and effectiveness of medical services for the community. We work across the WA healthcare system with doctors, allied health professionals, Area Health Services and service providers to improve the coordination of care for people who are at risk of poor health outcomes. For more information, visit www.wapha.org.au